

UFIT Workout 3

Strength Repeater

Round 1: 8 reps of each

Round 2: 10 reps of each

Round 3: 12 reps of each

Push ups

Tricep Dips

Wide rows

Shoulder press

Chest fly

Bicep curls

Goblet squats

Reverse Prisoner lunges

Side lunges

Calf Raises

Deadlifts

Hip Bridges